



SENIOR HAPPENINGS

*The latest news and updates from
South Jordan Senior Programs*

located at: **South Jordan Community Center**
10778 S Redwood Rd | South Jordan, Utah 84095
801-302-1222 ext. 1102 | www.sjc.utah.gov
Hours of Operation: Monday-Friday 8:00 AM-3:30 PM

WELCOME TO SOUTH JORDAN SENIOR PROGRAMS!

The Community Center staff and the Senior Advisory Committee welcome you to our great center! Although our in-person programs are not in operation, we have some great altered activities! See information in the following pages of this newsletter. Call us if you have any questions! (phone number listed above)

SOUTH JORDAN SENIOR ADVISORY COMMITTEE

The South Jordan Senior Advisory Committee is dedicated to helping promote the interests of senior citizens and their families by providing a creative and informational environment where senior citizens can engage in social activities, by sustaining and improving the quality of health, well-being and safety and by supporting the fulfillment of senior citizen needs in the community.

Open Zoom meetings held the last Tuesday of the month. Information posted on Utah Public Notice website located at <https://www.utah.gov/pmn>

SOUTH JORDAN SENIOR ADVISORY COMMITTEE

Chair

Mick Florin

Vice Chair

Loyd Hefflin

Members

Pat Vogt

Alexis Spaulding

Anna Florin

Vivian Ford

City Council Liaison

Don Shelton

SOUTH JORDAN COMMUNITY CENTER STAFF

Community Center Supervisor

Jamie Culbertson

Senior Program Assistant

Jennifer Puntel

Kitchen Assistant

Darla Grebb

Community Center Customer Service

Missy Connoles

Robert Kuta

Custodian

Adam Gailey

Darla's Diner

CARHOP BREAKFAST IS BACK!

Every Friday starting March 5

8-10 AM

Cost: Free



Drive your car into a parking spot anytime between 8-10 AM at the Community Center and we will come to you and take your order!

Roll your windows down and safely say hello to your friends while enjoying breakfast in your car!

No reservation necessary.

First come first serve.

*please follow social distancing guidelines
and stay in your car

LUNCH

Salt Lake County Aging and Adult Services is providing lunch at the Community Center. Pick-up is Monday-Friday between 11:30 AM-12:30 PM and conveniently packaged and delivered to the safety of your car, curbside. Please call 801-302-1222 and let us know you would like a meal.

****As a precaution, please stay in your car***

Donations are accepted by cash in a sealed envelope or online at slco.org/aging-adult-services/donation/. Suggested donation is \$3.00.

ONLINE CLASSES

Check out these online classes held over Zoom. Please contact the office at 801-302-1222 or email jculbertson@sjc.utah.gov to request an instructional flyer.

T'AI CHI



Every Tuesday | 10:00 AM

Taught by Ray J on Zoom. Meeting ID: 989 9667 6163, Passcode: 205493

Join us every week for this calming method of stretching and breathing said to reduce anxiety and depression while improving balance, flexibility and muscle strength.

GENTLE YOGA

Every Wednesday | 10:15 AM

Taught by JP on Zoom. Meeting ID: 929 2049 4282 Passcode: 586370

Designed to increase flexibility, strength and balance. Primarily done in a chair.

RESTORATIVE YOGA

Every Friday | 9:30 AM

Taught by Crystal on Zoom. Meeting ID 938 2111 1657 Passcode: 518770

Designed to strengthen your mind, body and spirit.

OIL PAINTING

Every Tuesday | 1:00 PM

Whether you are new to oils or have experience, you will learn something new in this supportive class environment. You must have your own supplies. Registration required. To register, email Jamie at jculbertson@sjc.utah.gov or call the Community Center office at 801-302-1222. You will receive the Zoom link once you register.

STORY CROSSROADS STORY TELLING COURSE

Coming up next month!

March 15, 18, 22 and 25 | 1:00-3:00 PM | Master Story Facilitator: Jim Luter

This is a free Zoom course workshop divided into 4 sessions. It is best to attend all for the full benefit of learning. The first two sessions focus on story-crafting while the last two sessions focus on being performance-ready. Participants receive an emailed certificate upon completion. Please register at <https://tinyurl.com/8hrStorytelling>.



AARP TAX-AIDE

Taxes are being offered through a tax intake kit program this year. Because of COVID-19, Tax-Aide will not be preparing as many tax returns as we would in a normal year. In order to serve as many people as possible, the scope of returns in 2021 will be limited. Therefore, until further notice, Tax-Aide will not be preparing tax returns containing any of the following:

- Itemized Deductions (Schedule A)
- Business income (Schedule C) including 1099-NEC and most Forms 1099-MISC
- Rental income (Schedule E) -already out of scope
- Broker statements containing stock and bond sales and/or municipal bond interest
- Personal home sale
- Preparation of tax returns prior to the 2019 tax year
- Out of state income-we will only prepare Utah tax returns
- Amended returns

If you can comply with the above, please call 801-302-1222 to schedule a tax intake kit pick-up.


Thank you for your patience and understanding!





SOUTH JORDAN SENIOR PROGRAMS MARCH 2021

HOURS OF OPERATION: MONDAY-FRIDAY 8:00 AM-3:30 PM. CLOSED WEEKENDS & HOLIDAYS.

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 11:30-12:30 Curbside Lunch pick-up	2 10:00 T'ai chi Zoom 11:30-12:30 Curbside Lunch pick-up 1:00 Oil Painting Zoom	3 10:15 Gentle Yoga Zoom 11:30-12:30 Curbside Lunch pick-up 12:00-1:00 AARP Tax-Aide Packet pick-up (by appointment)	4 11:30-12:30 Curbside Lunch pick-up	5 8-10 AM Darla's Diner Carhop 9:30 Restorative Yoga Zoom 11:30-12:30 Curbside Lunch pick-up	6
7	8 11:30-12:30 Curbside Lunch pick-up	9 10:00 T'ai chi Zoom 11:30-12:30 Curbside Lunch pick-up 1:00 Oil Painting Zoom	10 10:15 Gentle Yoga Zoom 11:30-12:30 Curbside Lunch pick-up 12:00-1:00 AARP Tax-Aide Packet pick-up (by appointment)	11 11:30-12:30 Curbside Lunch pick-up	12 8-10 AM Darla's Diner Carhop 9:30 Restorative Yoga Zoom 11:30-12:30 Curbside Lunch pick-up	13
14 Daylight Saving Time Begins 	15 11:30-12:30 Curbside Lunch pick-up	16 10:00 T'ai chi Zoom 11:30-12:30 Curbside Lunch pick-up 1:00 Oil Painting Zoom	17 10:15 Gentle Yoga Zoom 11:30-12:30 Curbside Lunch pick-up 12:00-1:00 AARP Tax-Aide Packet pick-up (by appointment)	18 11:30-12:30 Curbside Lunch pick-up	19 8-10 AM Darla's Diner Carhop 9:30 Restorative Yoga Zoom 11:30-12:30 Curbside Lunch pick-up	20
21	22 11:30-12:30 Curbside Lunch pick-up	23 10:00 T'ai chi Zoom 11:30-12:30 Curbside Lunch pick-up 1:00 Oil Painting Zoom	24 10:15 Gentle Yoga Zoom 11:30-12:30 Curbside Lunch pick-up 12:00-1:00 AARP Tax-Aide Packet pick-up (by appointment)	25 11:30-12:30 Curbside Lunch pick-up	26 8-10 AM Darla's Diner Carhop 9:30 Restorative Yoga Zoom 11:30-12:30 Curbside Lunch pick-up	27
28	29	30 10:00 T'ai chi Zoom 11:30-12:30 Curbside Lunch pick-up 1:00 Oil Painting Zoom 2:30 Senior Advisory Committee Meeting	31 10:15 Gentle Yoga Zoom 11:30-12:30 Curbside Lunch pick-up 12:00-1:00 AARP Tax-Aide Packet pick-up (by appointment)	Lunch provided by Salt Lake County Aging and Adult Services. Suggested donation is \$3.00. Donations accepted by cash in a sealed envelope or online at slco.org/aging-adult-services/donation Please call 801-302-1222 and let us know you are coming for lunch		